

LEVELED READER • I

Healthy Me



Written by Kira Freed • Illustrated by Angela Kamstra

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Healthy Me

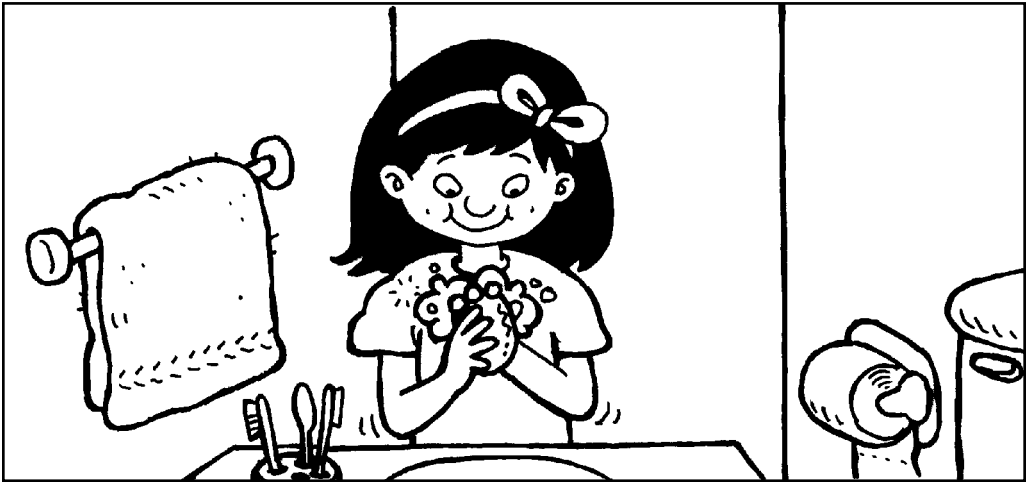
A Reading A-Z Level I Leveled Reader • Word Count: 319



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16	DRA
15	Reading Recovery
1	Fountas & Pinnell

LEVEL I
Correlation

Healthy Me
Level I leveled Reader
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Illustrated by Angela Kamstra
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I like being healthy.

When I am healthy, I feel good.

I am in a better mood, and I have more energy.

I do many things to stay healthy.

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I like to be active and move my body.
I run, swim, and ride my bike.
I take walks with my big brother, Bill, and our dog, Wilbur.

4





I like to play sports.

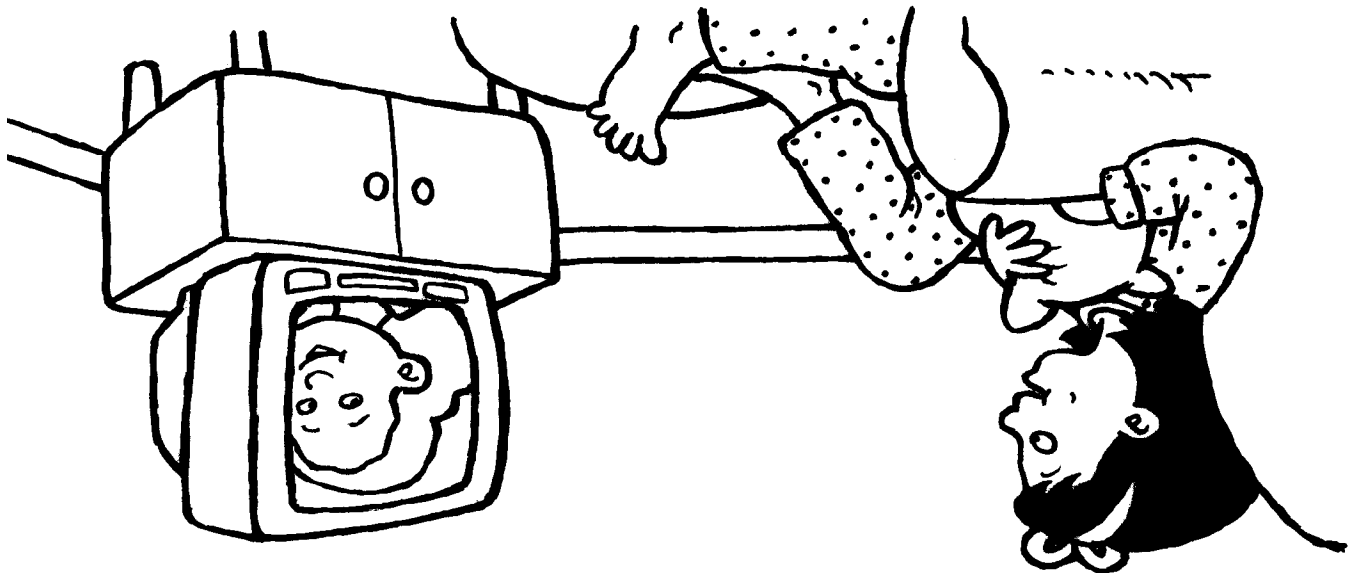
Soccer is my favorite game.

I also take hikes in the woods with my family.

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I like television, but I don't watch it for hours.
I like computer games, but I don't play them for hours.
I get up and move around.



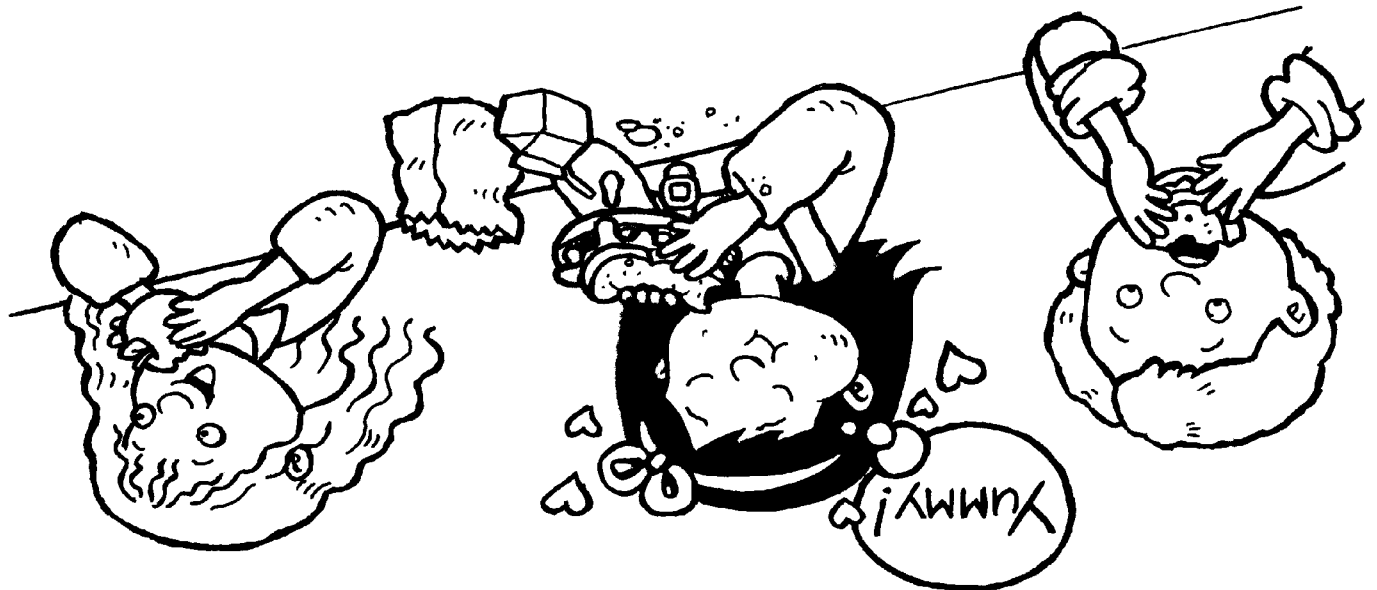


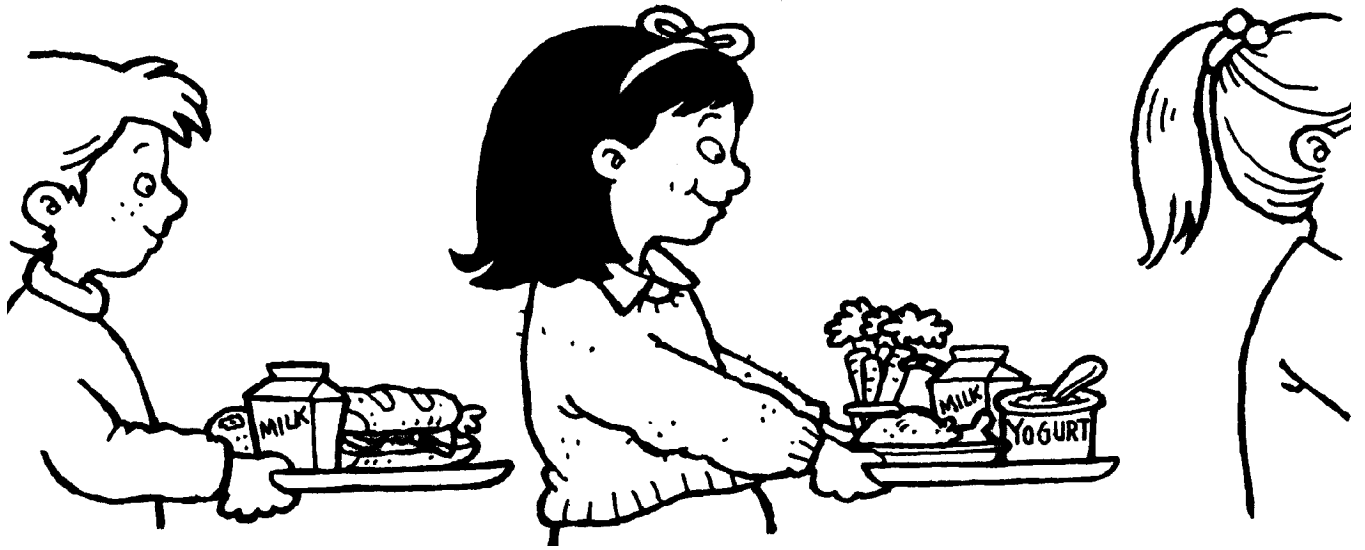
Eating well gives me energy.
 I eat a good breakfast.
 If I skip breakfast, I don't think very well.

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I eat a good lunch at school.
 Peanut butter and jelly is my favorite sandwich.
 I drink lots of milk and water.

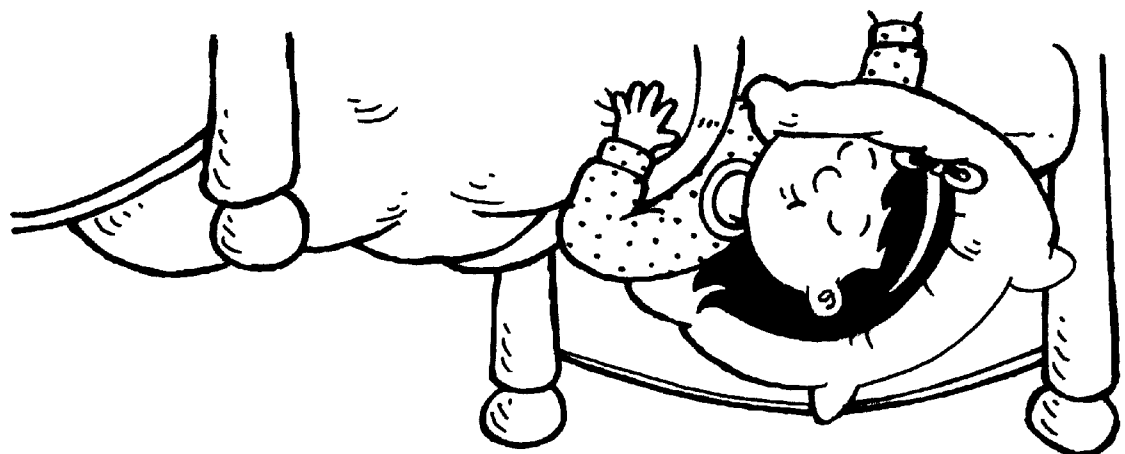
8





My favorite food is pizza.
I also like healthy foods such as apples,
carrots, chicken, and yogurt.

9



I get plenty of rest.
I go to bed earlier on school days.
And I get up earlier on school days.
My dad says I need 11 to 12 hours of sleep
each day because I am growing.

10

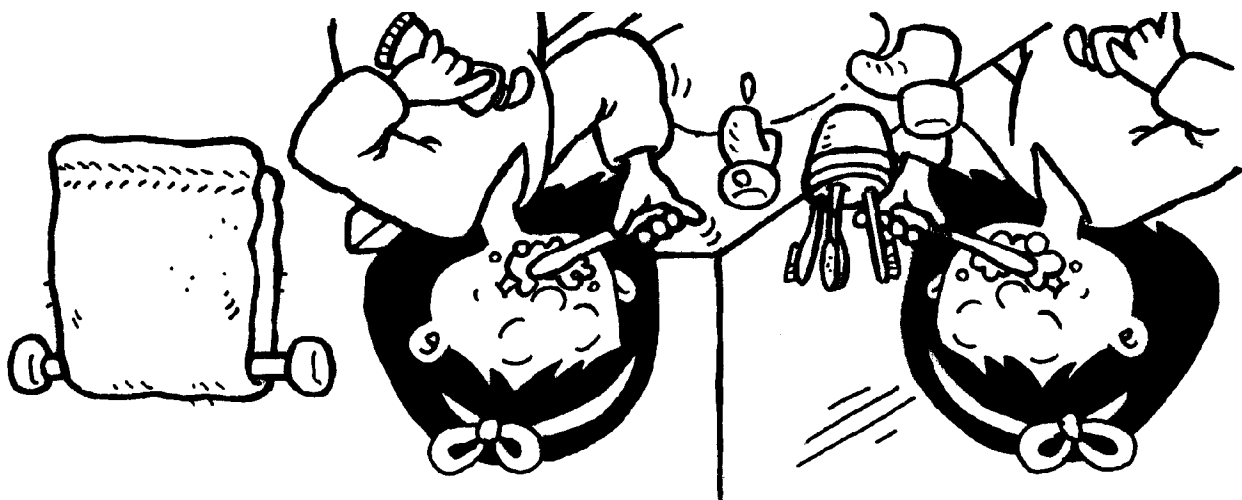


I keep my body clean to stay healthy.
 I wash my hands before eating and after going to the restroom.
 Washing keeps germs from getting into my body.

11

I brush my teeth three times a day.
 Brushing kills germs that cause cavities.
 I also take baths and showers.
 And I brush my hair to keep it healthy.

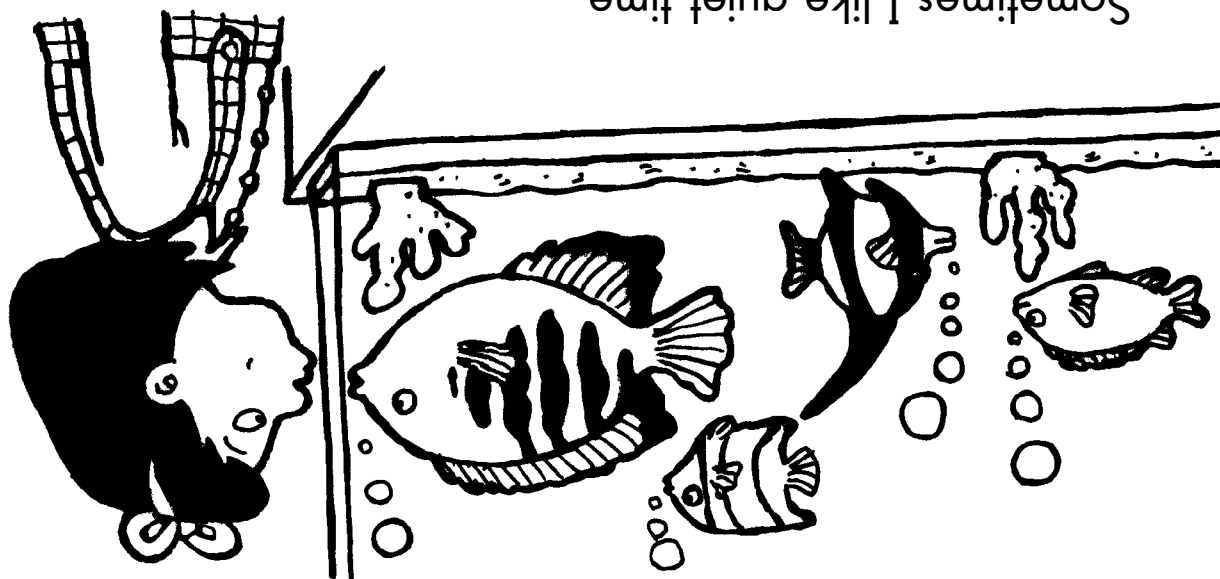
12





I have many kinds of feelings.
Some are happy, and some are sad.
Laughing makes me feel better.
When I have sad feelings, I feel better
when I talk about them with Bill, Mom, or Dad.

13



Sometimes I like quiet time.
When I do, I watch my tropical fish.
I imagine that I am floating through water
just like my pet fish.

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